My Interests and Dreams

One way to identify future career possibilities is to consider your interests and how they might relate to various careers, employer needs and employment settings. If your work is interesting to you, it’s likely you’ll be more motivated at work and that you’ll enjoy yourself more.

Answer the questions below to explore your interests...

♦ What are you doing when you’re ‘in the zone’…so focused you lose track of time?

♦ What are you doing when you feel as if ‘life is good’?

♦ What do you enjoy learning about?

♦ Describe what you have enjoyed most about the following (be specific)…
  ➢ Jobs (current and/or past)
  ➢ Sports
  ➢ Volunteer Activities
  ➢ School Related Clubs and Activities
  ➢ Community and Church Organizations
  ➢ Favorite free time activities.
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♦ If you were to own and operate your own business or businesses, what kind of business would it be?

♦ If you could switch jobs with three people, what jobs would you select and why?

♦ If you could do any job imaginable, with nothing holding you back, what would you pick (and why)?

♦ Fill in the blank: “I absolutely love to do____________________. It would be amazing if I could have a job related to this passion!”

Reviewing Your Interests
Did any interests pop up again and again?

Which interests are you most passionate about?

How many career possibilities can you name that relate to your interests? List ideas below or on a blank sheet of paper…you can include input from others.

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What might your perfect future look like? Complete the List of Dreams on page 3.
My Interests and Dreams

LIST OF DREAMS

This activity can be a powerful tool for playing with future possibilities. Your task is to develop a list of dreams for your future life (including the work, leisure, educational, family, financial, spiritual and health/well being aspects of your life). This list can include dreams, fondest interests, wishes, passions and desires.

You might also try asking yourself the following questions: If I were not held back by finances, education, skills, obligations, etc., what would I be, do, or have? Or, if you prefer writing in a narrative format, try describing your ideal life…assuming you could create your life exactly the way you would like it to be. With this exercise, imagine that you have everything that you wish for without restrictions. You can continue to add or delete dreams from your list, or to play with and modify your description of your ideal life over time.